

## SUPER BOWLS

UPGRADE WITH  
CUSTOM ADD-ONS

### **GF V** THE JERK \$7.99

Brown Rice, Spinach, Roasted Sweet Potatoes, Black Beans, Corn, Jerk Seasoning, Pico de Gallo, & Coconut Jerk Vinaigrette

### **GF** THE SOUTHWESTERN \$7.99

Brown Rice, Spinach, Roasted Sweet Potatoes, Black Beans, Corn, Southwestern Seasoning, Pico de Gallo, & Honey Chipotle Vinaigrette

### **GF** THE GREEK \$8.99

Brown Rice, Pico de Gallo, Hummus, Roasted Sweet Potatoes, Cucumber, Chickpeas, Spinach, & Lemon Herb Vinaigrette

### **GF V** LIZ'S SALAD \$8.99

Spinach, Strawberries, Goat Cheese, Red Onions, Sliced Almonds, Cucumbers, & Cranberries



## QUESADILLAS

UPGRADE WITH  
CUSTOM ADD-ONS

Served on a 10' Flour Tortilla

### **FOY QUESADILLA \$6.99**

Mozzarella Cheese, Spinach, Black Beans, Corn, Pico de Gallo, Honey, Chipotle Vinaigrette, & Flour Tortilla

### **CHEESE QUESADILLA \$3.99**

Pico de Gallo, Honey, Chipotle Vinaigrette, Mozzarella Cheese & Flour Tortilla

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## CUSTOMIZE YOUR DISH WITH ADD-ONS

**Chicken \$3.99**

**Chicken Salad \$4.99**

**Avocado \$1.99**

**1 Egg - Sunny Side Up \$1.99**

**Cauliflower Rice \$1.99**

**Hummus \$1.25**

**Mozzarella Cheese \$0.99**

**Goat Cheese \$1.50**

**Extra Sauce \$0.75**

## TOASTS

UPGRADE WITH  
CUSTOM ADD-ONS

### **AVOCADO TOAST \$5.99**

Avocado, Pico de Gallo, Red Pepper Flakes, Olive Oil & Salt

### **HUMMUS TOAST \$5.99**

Hummus, Pico de Gallo, Cucumbers, Red Pepper Flakes, Olive Oil & Salt

### **NUT BUTTER TOAST \$5.99**

Your Choice of Nut Butter and Two Fruits. Drizzled with Honey or Organic Maple Syrup, Hemp Granola on Multigrain Bread

### **CHICKEN SALAD SANDWICH \$9.99**

Chicken Salad with Paleo Mayo, Onions, Celery, & Crasins. Topped with Spinach and Tomatoes. Served with Bag of Chip

## SUPER TACOS

UPGRADE WITH  
CUSTOM ADD-ONS

All Tacos Served on a 10' Flour Tortilla

### **V BOB MARLEY TACO \$6.99**

Spinach, Roasted Sweet Potatoes, Corn, Black Beans, Pico de Gallo, Jerk Seasoning, & Coconut Jerk Vinaigrette

### **EL CHAPO TACO \$6.99**

Spinach, Roasted Sweet Potatoes, Corn, Black Beans, Pico de Gallo, Southwestern Seasoning, & Honey Chipotle Vinaigrette

### **V SANTORINI TACO \$6.99**

Spinach, Roasted Sweet Potatoes, Hummus, Pico de Gallo, Cucumber, Chickpeas, & Lemon Herb Vinaigrette

## ENERGY BOWLS

All Bowls are topped with Hemp Granola, Strawberries, Blueberries, Banana, Chia Seeds, Coconut Flakes & Local Organic Raw Honey.

All Bowls are made with Almond Milk & Raw Organic Cane Sugar

- add Coconut Water **1.50 EXTRA**
- add Peanut Butter **.99 EXTRA**
- add Almond Butter **1.50 EXTRA**
- add Hazelnut Butter **.99 EXTRA**

### ANTIOXIDANT **\$10.99**

Organic Banana, Strawberries, & Blueberries

### AZALEA **\$10.99**

Organic Pineapple, Strawberries, & Banana

### TROPICAL MANGO **\$10.99**

Mango, Banana, & Pineapple

### VITALITY **\$10.99**

Spinach, Avocado, Pineapple, & Cucumber

## KIDDOS

CHILDREN 12 AND UNDER

### LIL' CHEESE QUESADILLA **\$2.99**

### NUTELLA TOAST **\$3.99**

One slice of bread topped with Nutella

**GF** GLUTEN-FREE

**V** VEGAN

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## SMOOTHIES

- Plant-Based Protein **.99 EXTRA**
- Coconut Water **1.50 EXTRA**
- add Peanut Butter **.99 EXTRA**
- add Hazelnut Butter **.99 EXTRA**
- add Almond Butter **1.50 EXTRA**
- add Raw Organic Local Honey **.50 EXTRA**
- add Pure Organic Maple Syrup **.50 EXTRA**

## SIGNATURE

24oz **\$6.99**

**GF** **THE BLUE JAY**  
Blueberries, Strawberries, Banana

**GF** **THE BUBBLICIOUS**  
Pineapple, Strawberries, Banana

**GF** **THE GREEN MACHINE**  
Cucumbers, Spinach, Pineapple, Avocado

**GF** **THE HULK**  
Spinach, Banana, Flax & Chia Seed

**GF** **THE HUMMINGBIRD**  
Strawberries, Mango, Banana

**GF** **THE MACHO MANGO**  
Mango, Banana, Pineapple, Coconut Flakes

**GF** **THE POWER CLEAN**  
Peanut Butter, Banana, Whey or Vegan Protein

**GF** **PB & J**  
Banana, Strawberries, Blueberries, Peanut Butter

## DRINKS

24oz **\$1.99**

### LEMONADE

Freshly Made with Raw Cane Sugar

### STRAWBERRY LEMONADE

Freshly Made with Raw Cane Sugar

### SWEETENED TEA

Freshly Brewed Tea  
with Raw Cane Sugar

### UNSWEETENED TEA

Freshly Brewed Tea